

Farmers should eat more oatmeal. Although the farmer of today is able to buy almost anything he wants to wear or eat he isn't paying enough attention to food values when it comes to his own table.

He feeds his stock carefully, avoids over-feeding and selects the stock food that he believes will give the best returns in strength and general efficiency.

If he has been watching the extensive researches and experiments on the question of the best human food for muscle and brain he will heed the advice from all sides to "eat more Quaker Oats."

Quaker Oats is mentioned because it is recognized in this country and Europe as the best of all oatmeals. Feeding farm hands on Quaker Oats means getting more work out of them than if you feed them on anything else.

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#### A Mean Scheme.

"Is your wife home?"  
"Yes; I got tired of having her away."

"But I thought she intended staying four months?"

"She did. I got the office boy to write on a card: 'Better come home. From a well wisher.' And she took the first train after receiving it."

#### DAVIS' PAINKILLER

Should be taken without delay when sure chest and tickling throat warn you that an annoying cold threatens. At all drug stores in 25c, 50c and \$1.00 bottles.

Of course, women are a trifle vain, but did you ever see a man pass up an opportunity to look in a mirror?

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Every man thinks he's a superior judge of human nature.

Constipation causes and seriously aggravates many diseases. It is thoroughly cured by Dr. Pierce's Peppets. Tiny sugar-coated granules.

It's easier to break away than it is to get back.

## AFTER DOCTORS FAILED

### Lydia E. Pinkham's Vegetable Compound Cured Her

Knoxville, Iowa. — "I suffered with pains low down in my right side for a year or more and was so weak and nervous that I could not do my work. I wrote to Mrs. Pinkham and took Lydia E. Pinkham's Vegetable Compound and Liver Pills, and am glad to say that your medicines and kind letters of directions have done more for me than anything else and I had the best physicians here. I can do my work and rest well at night. I believe there is nothing like the Pinkham remedies." — Mrs. CLARA FRANKS, R. F. D., No. 3, Knoxville, Iowa.



The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled. It may be used with perfect confidence by women who suffer from displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration.

For thirty years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills, and suffering women owe it to themselves to at least give this medicine a trial. Proof is abundant that it has cured thousands of others, and why should it not cure you?

If you want special advice write Mrs. Pinkham, Lynn, Mass., for it. It is free and always helpful.

## TO PRESERVE A SILK SKIRT

### Some Simple Precautions That Will Mean Addition to Life of Garment.

Now that taffeta petticoats are coming back again it is well to know how to make them last as long as possible.

Do not choose a silk that has much dressing in it, as it cuts much more quickly.

Do not have much shirring or tuck-ing as the effort to keep dust brushed out is hard on the petticoat.

Do not fold in a chest or trunk as the creases will cut quickly. Hang by straps to the waist band.

Have a silk skirt put on a narrow band; pulling on a draw string, besides giving greater bulk, cuts the material.

One woman says her skirts wear longer if she hangs them upside down by loops placed on under side of ruffle.

Do not save your taffeta petticoats. They will cut from hanging too long in a closet, so you might as well have the satisfaction of wearing them out.



Stuffed potatoes are made by mixing cheese and bread crumbs in with the contents.

A few allspice are an improvement to stews, thick soups and gravy. They give almost the same flavor as if wine had been added.

If you have a black gown that needs freshening, cleanse it thoroughly with clear black coffee diluted with water and containing a little ammonia.

After the weekly washing rub a little vinegar and spirits of camphor over the hands. This will keep the hands in good condition summer and winter.

#### Cleaning Lace.

Pure alcohol can be used with wonderful success as a means of cleaning black Spanish or chantilly lace. The alcohol should be poured into a clean basin and whipped with the hand until it is frothy, when the lace should be dipped into it and well worked about with the fingers until the dirt is removed. After gently squeezing out the spirit the lace should be laid on a folded cloth, the patterned edge fastened down with a pin. When perfectly dry the lace should be unpinned and pressed gently between the palms of the hands until smooth in lieu of ironing it, as this would flatten the pattern and spoil the color.

#### How to Broil Steak.

While broiling a steak, first wipe with a cloth wrung out of cold water; trim off superfluous fat. With some of the fat grease a wire broiler; place meat in broiler (having fat edge next to the handle); broil over a clear fire, turning every ten seconds for the first minute that surface may be well seared, thus preventing escape of juices. After the first minute turn occasionally until well cooked on both sides. Steak cut one inch thick will take five minutes if liked rare, six if well done. Remove to hot platter, spread with butter and sprinkle with salt.

#### Peppers Are Handy.

It is a good plan to have a can of Spanish peppers always in the house. They can be easily and attractively used in an emergency. Sandwiches may be made of them, or they may be used to garnish leftover meats, etc. Cut the meat into cubes, cover with bits of pepper and bread crumbs and brown.

#### Dumplings for Stew.

One small cup flour, heaping tea spoon baking powder, half a teaspoon salt; sift together; add enough milk to make a soft dough; mix with a knife, handle as little as possible; cut into small pieces, drop into your stew and cover; boil for 20 minutes. Mine are very light and white.

#### So Different.

"Mrs. Uppercrust takes such great interest in her baby."

"Yes; she says she was delightfully surprised when it came, as she had obtained her ideas about babies from the comic supplements, you know." — Puck.

#### Deafness Cannot Be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. CHENEY & CO., Toledo, O.

Sold by Druggists. Take Hall's Family Pills for constipation.

#### Alas.

A little five-year-old who had been watching her mother dress for an evening entertainment surprised her mother with the following question: "Mother, didn't you say you were almost 40 years old?"

"Yes," replied the mother.

"Well," answered the little girl, "you don't look it to-night, but you will to-morrow morning." — Judge.

#### Good Work in Denmark.

Under legislation enacted in 1905 the Danish government pays three-fourths of the expenses of all poor persons who desire to be treated in tuberculosis sanatoria. When the hospitals under construction are completed Denmark will have one bed in tuberculosis hospitals or sanatoria for every 1,200 inhabitants, a fact which will mean that the length of treatment can be considerably extended. In the United States there is one bed for every 4,500 inhabitants.

#### In New Hampshire.

That irresponsible Manchester Union man gave himself a surprise party by going to church last Sunday and this was the result: "On this first Sunday of Lent, while George Bailey of the Houston Post is sacrilegiously fishing for eels in a Texas bayou, and the (married) paragrapher of the Kennebec Journal is tapping his boots, and the Gling-Gling Gophus of the Springfield Union is playing seven-up, we, in common with other good New Hampshire people, shall dutifully attend church." — Springfield Union.

#### ROSY COLOR Produced by Postum.

"When a person rises from each meal with a ringing in the ears and a general sense of nervousness, it is a common habit to charge it to a de-ranged stomach.

"I found it was caused from drinking coffee, which I never suspected for a long time, but found by leaving off coffee that the disagreeable feelings went away.

"I was brought to think of the subject by getting some Postum and this brought me out of trouble.

"It is a most appetizing and invigorating beverage and has been of such great benefit to me that I naturally speak of it from time to time as opportunity offers.

"A lady friend complained to me that she had tried Postum, but it did not taste good. In reply to my question she said she guessed she boiled it about ten minutes. I advised her to follow directions and know that she boiled it fifteen or twenty minutes, and she would have something worth talking about. A short time ago I heard one of her children say that they were drinking Postum now-a-days, so I judge she succeeded in making it good, which is by no means a difficult task.

"The son of one of my friends was formerly a pale lad, but since he has been drinking Postum, has a fine color. There is plenty of evidence that Postum actually does 'make red blood,' as the famous trade-mark says."

Read "The Road to Wellville," found in pigs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

#### Literature.

"I have read this poem over a dozen times," said the assistant editor of the Highbrow Magazine, "and I can't make head or tail to it."

"Good!" exclaimed the editor. "We'll hit it up for a feature, together with an announcement denying that true poetry is dead. And don't forget to send a check for \$1.25 to the fellow who wrote it." — Lippincott's.

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